

2021

The 50 BEST FOODS for Men

COVID-19 made grocery runs feel like find-and-retrieve missions. We tested aisles of supermarket standouts to help you make smarter, healthier, tastier decisions when you stock up.

1. BEST MEAT SNACK

STRYVE BEEF BILTONG, SPICY PERIPERI

If there's one ingredient that keeps popping up at the grocery store, it's BS. While no specific supermarket product bears that exact word, you'll find piles of it if you read the marketing. One way to cut through the bull, at least if you're **Gabe Carimi**, cofounder of **Stryve Biltong**, is with beef. When Carimi retired from the NFL in 2015, he was trying to find a way to back down from his lineman weight of 320. "I started flipping over nutrition panels—I had never really read them before—and realized there weren't a lot of healthy snack options out there for me," Carimi says. It's one of

the main reasons he started Stryve with his two business partners in 2017. Stryve makes sliced, air-dried beef snacks called **biltong**. Unlike jerky, which is often seasoned in a sugary marinade and then baked at low temps, biltong is **washed in vinegar, hung to air-dry, and then sliced**. And when you flip over a package of Stryve's beef biltong, the Nutrition Facts panel states that an ounce of the strips inside has 16 grams of protein with no sugar and only 90 calories. Simple. Delicious. No bull. Just like the rest of the winners in this year's Best Foods for Men, each of which delivers high-quality nutrition regardless of your goals.

PANTRY

2. BEST NOT-TUNA COLE'S SMOKED RAINBOW TROUT IN OLIVE OIL

All this meaty-tasting, high-omega-3 fish needs is a hearty cracker and a squeeze of lemon juice. **Per tin, drained:** 144 calories, 12g protein, 0g carbs, 11g fat

3. BEST CHICKEN STOCK KITCHEN BASICS UNSALTED

There's a homemade taste to this simple yet robust base for soups and sauces. You add the salt. **Per 8½ fl oz:** 20 calories, 4g protein, 1g carbs (1g fiber, 1g added sugar), 0g fat

4. BEST PASTA ZENBROTINI

These spirals are made with yellow peas, a surprising source of protein. They're subtly nutty and delicious even with only a little olive oil, salt, and pepper. **Per 3 oz:** 300 calories, 17g protein, 54g carbs (11g fiber, 0g added sugar), 2g fat

5. BEST SOY SAUCE KIKKOMAN LESS SODIUM

Drizzle into sauteed mushrooms, slow-roasted pulled pork, or sizzled potatoes. **Per 1 Tbsp:** 10 calories



7. BEST TUNA WILD PLANET SKIPJACK WILD TUNA

Because the company doesn't drain the fish after cooking, this tuna retains decent omega-3's. **Per 3 oz:** 90 calories, 20g protein, 0g carbs, 1g fat

8. BEST PASTA SAUCE CUCINA ANTICA GARLIC MARINARA

It's the freshest-tasting no-sugar-added sauce we've ever graced our spaghetti with. **Per ½ cup:** 45 calories, 1g protein, 7g carbs (2g fiber, 0g added sugar), 1g fat

9. BEST VINEGAR COLAVITA BALSAMIC VINEGAR OF MODENA IGP

Yes, it's good on salad, but it also works as an instant sauce for grilled chicken or fruit salad. **Per 1 Tbsp:** 15 calories

10. BEST NUT BUTTER JUSTIN'S CLASSIC CASHEW BUTTER

Many of its competitors are stealth sugar bombs. No sugar here. Just heart-healthy fats. **Per 2 Tbsp:** 210 calories, 5g protein, 9g carbs (1g fiber, 0g added sugar), 17g fat

WHAT MAKES A WINNER

Foods with the most protein, fiber, and healthy fats for the fewest calories and added sugar often take their category. In line with the latest nutritional science, we favor healthy, full-fat foods over reduced-fat or nonfat foods, because in a balanced diet, fat won't make you fat—and it's delicious. We taste-test everything. In the case of a tie, organic or minimally processed products win.

6. BEST OLIVE OIL CALIFORNIA OLIVE RANCH 100% CALIFORNIA EXTRA VIRGIN

It's sturdy enough to cook with yet just spicy enough to make mixed greens interesting. **Per 1 Tbsp:** 130 calories, 0g protein, 0g carbs, 14g fat

6



11. BEST HOT SAUCE VALENTINA SALSA PICANTE, RED LABEL

This Mexican hot sauce is pepper heavy like Tabasco but less acidic, which makes it equally suited for fried eggs and simmered chili. **Per 1 tsp:** 0 calories

11



12. BEST BUTTER VERMONT CREAM- ERY UNSALTED CULTURED BUTTER

This gold bar is so full of flavor that it negates the need for syrup on pancakes. Really. **Per 1 Tbsp:** 110 calories, 0g protein, 0g carbs, 12g fat



13. BEST SLICED BREAD EZEKIEL 4:9 SPROUTED WHOLE GRAIN BREAD

"Sprouted" means the grains have been allowed to germinate, resulting in higher protein. **Per slice:** 80 calories, 5g protein, 15g carbs (3g fiber, 0g added sugar), 1g fat



14. BEST CHEESE TILLAMOOK SHARP CHEDDAR SLICES

These squares are real cheese (unlike "singles") and taste strong enough that you need only one. **Per slice:** 90 calories, 6g protein, 1g carbs (0g fiber, 0g added sugar), 7g fat

#15

BEST CEREAL KASHI 7 WHOLE GRAIN FLAKES

Don't tell him we told you, but Tony the Tiger eats this stuff for the fiber. **Per 1 1/4 cups:** 210 calories, 7g protein, 51g carbs (7g fiber, 7g added sugar), 1g fat



16. BEST MILK HORIZON ORGANIC PASTURE-RAISED WHOLE MILK

Rich, creamy milk from cows raised without antibiotics or growth hormones. **Per 1 cup:** 160 calories, 8g protein, 13g carbs (0g fiber, 0g added sugar), 8g fat



17. BEST PROTEIN POWDER NAKED WHEY GRASS- FED WHEY PROTEIN

The ingredients list is the most surprising part: whey-protein concentrate. That's it—no fillers. Straight-up muscle fuel. **Per 2 scoops:** 120 calories, 25g protein, 3g carbs (0g fiber, 0g added sugar), 2g fat



18. BEST GROUND BEEF NIMAN RANCH 80/20 GROUND BEEF

There's an almost buttery beefiness to this juicy burger (or meatloaf, or taco) fodder. **Per 4 oz:** 270 calories, 26g protein, 0g carbs, 18g fat



19. BEST CHICKEN BELL & EVANS SPATCHCOCK CHICKEN

Flat chickens cook faster and more evenly. This company does the butchery for you. **Per 4 oz:** 160 calories, 22g protein, 1g carbs (0g fiber, 0g added sugar), 7g fat



20. BEST RICE MINUTE INSTANT RICE & QUINOA

The quinoa adds protein and heartiness to this side dish. **Per 1 cup, cooked:** 220 calories, 5g protein, 45g carbs (4g fiber, 0g added sugar), 2g fat



21. BEST BACON HORMEL BLACK LABEL BACON, ORIGINAL

You don't need maple glazes if the bacon itself tastes this good. **Per 2 strips, panfried:** 90 calories, 6g protein, 0g carbs, 7g fat



22. BEST TORTILLA LABANDERITA YELLOW CORN

These taco holders (or migas makers) are potent in one key flavor that others lack: corn. **Per 2 tortillas:** 100 calories, 2g protein, 19g carbs (1g fiber, 0g added sugar), 1g fat



#23

BEST EGG EGGLAND'S BEST ORGANIC, LARGE

They're perennial winners that collect on bright-orange yolks, which result in fluffy scrambles. **Per egg:** 60 calories, 6g protein, 0g carbs, 4g fat



24. BEST SALMON ORCA BAY WILD CAUGHT SOCKEYE SALMON FILLETS

These red-orange bricks of omega-3-loaded fish are luscious with nothing more than lemon juice. **Per 4 oz:** 160 calories, 24g protein, 0g carbs, 6g fat



25. BEST OATMEAL BOB'S RED MILL OLD FASHIONED ROLLED OATS

They make for a rib-sticking breakfast but are also an unsung thickener for smoothies. **Per 1/2 cup:** 190 calories, 6g protein, 33g carbs (5g fiber, 0g added sugar), 3g fat



26. BEST COFFEE BEAN SUBTLE EARTH ORGANIC COFFEE MEDIUM-DARK ROAST

Whole arabica beans, grown without pesticides, booming with chocolate and caramel flavors. Grind. Brew. Sip. Repeat. **Per 8 oz:** 2 calories



27. BEST YOGURT FAGE TOTAL 5% WHOLE MILK GREEK

It's thick enough to sub for sour cream or build a fortifying breakfast bowl. **Per 1 (200g) container:** 190 calories, 18g protein, 6g carbs (0g fiber, 0g added sugar), 10g fat



28. BEST WATER ESSENTIA

This H2O is electrolyte infused, but it tastes as clean as spring water. 0 calories

ALCOHOL

29. BEST BEER SIERRA NEVADA PALE ALE

It's been around for 40 years—and it's still just as damn good. **Per beer:** 175 calories, 2g protein, 14g carbs (0g fiber, 0g added sugar), 0g fat

30. BEST WHITE WINE REDTREE PINOT GRIGIO

This citrusy wine pairs well with grilled fish. **Per 5 oz:** 115 calories, 0g protein, 3g carbs (0g fiber, 0g added sugar), 0g fat

31. BEST LOW-CALORIE BEER DESCHUTES WOWZA! LO-CAL HAZY PALE ALE

Crisp, clean, crushable. A six-pack for your six-pack? **Per beer:** 100 calories, 1g protein, 4g carbs (0g fiber, 0g added sugar), 0g fat

32. BEST RED WINE DARK HORSE CABERNET SAUVIGNON

It's powerful for its price point. Serve it with a steak to match its oomph. **Nutrition unavailable**

33. BEST HARD SELTZER ARCTIC CHILL, GINGER LIME

This boozy bubbly is equal parts refreshing and smooth, without ever tasting too sugary. **Per (12 oz) can:** 100 calories, 0g protein, 3g carbs (0g fiber, 0g added sugar), 0g fat



#34

BEST PROTEIN BAR PREMIER PROTEIN 20G CHOCOLATE CARAMEL

Flavorwise, these are a category killer. But they back it up with one of the highest protein counts on the market. **Per bar:** 230 calories, 20g protein, 20g carbs (2g fiber, 0g added sugar), 10g fat



35. BEST RECOVERY FUEL G2 LOWER SUGAR GATORADE, ORANGE

The best flavor (go on, @ us), with just more than half the added sugar of the traditional kind. **Per 20 fl oz:** 50 calories, 0g protein, 13g carbs (0g fiber, 12g added sugar), 0g fat



36. BEST FROZEN DINNER LIFE CUISINE HIGH PROTEIN LIFESTYLE GREEK STYLE CHICKEN BOWL

Grilled white-meat chicken, chickpeas, feta, spinach, lentils, and orzo in a lemon-garlic dressing. Salisbury steak this is not. **Per meal:** 370 calories, 25g protein, 44g carbs (13g fiber, 2g added sugar), 10g fat



37. BEST FROZEN BREAKFAST JIMMY DEAN TURKEY SAUSAGE SIMPLE SCRAMBLES

Two of these heat-and-eat cups will push you well over the protein threshold you need to hit to stay full. **Per package:** 150 calories, 17g protein, 3g carbs (0g fiber, 0g added sugar), 7g fat



38. BEST FROZEN PIZZA REAL GOOD FOODS CHICKEN CRUST SUPREME

As in, the crust is made from actual chicken. It tastes hearty—and delivers big on protein, too. **Per 1/2 pizza:** 260 calories, 25g protein, 4g carbs (0g fiber, 0g added sugar), 16g fat



39. BEST PROTEIN SHAKE MUSCLE MILK PRO SERIES, INTENSE VANILLA

It's milk protein based and shelf-stable. **Per bottle:** 160 calories, 32g protein, 6g carbs (4g fiber, 0g added sugar), 2g fat

SNACKS

40. BEST TORTILLA CHIP LATE JULY SNACKS ORGANIC SEA SALT THIN & CRISPY

They're less dense than other salsa scoopers but still strong enough to carry the chunky stuff. **Per 10 chips:** 130 calories, 2g protein, 17g carbs (2g fiber, 0g added sugar), 7g fat

41. BEST PICKLE GRILLO'S DILL PICKLE SPEARS

Super fresh and snap crispy, these refrigerated pickles are the ultimate low-calorie snack. **Per spear:** 5 calories, 0g protein, 1g carbs (0g fiber, 0g added sugar), 0g fat

42. BEST NUT MIX PLANTERS NUT- RITION MEN'S HEALTH RECOMMENDED MIX

We helped make this combo of almonds, pistachios, and peanuts. And we stand by it. **Per 1 oz:** 170 calories, 7g protein, 6g carbs (3g fiber, 0g added sugar), 14g fat

46. BEST TEA TAZO CHINA GREEN TIPS

Spring-harvested tea leaves carry a brighter, fresher flavor. It'll wake you up. **Per 12 oz:** 3 calories

47. BEST ICE CREAM TILLAMOOK COOKIES & CREAM

It balances the sweetness with vanilla bean and distributes the cookie crumbles evenly throughout. **Per ½ cup:** 230 calories, 4g protein, 27g carbs (0g fiber, 19g added sugar), 13g fat

48. BEST COTTAGE CHEESE DAISY 4% REGULAR COTTAGE CHEESE

If you're (somehow) not a fan of this high-protein snack, the satisfyingly thick curds will win you over. **Per ½ cup:** 110 calories, 13g protein, 5g carbs (0g fiber, 0g added sugar), 5g fat

49. BEST FRUIT SNACK CALIFORNIA GRAPES

Red or green—they're loaded with antioxidants and natural sweetness. **Per 1 cup:** 104 calories, 1g protein, 27g carbs (1g fiber, 0g added sugar), 0g fat

43. BEST HUMMUS ITHACA HUMMUS, CLASSIC

It's an ultracreamy chickpea-based dip that hits all the right lemony, garlicky, and slightly spicy notes. **Per 2 Tbsp:** 60 calories, 2g protein, 6g carbs (2g fiber, 0g added sugar), 4g fat

44. BEST SALSA FRONTERA JALAPEÑO CILANTRO

Yes, this jar packs heat but also tangy, garlicky, tomatoey flavors. **Per 2 Tbsp:** 10 calories, 0g protein, 2g carbs (0g fiber, 0g added sugar), 0g fat

45. BEST DARK CHOCOLATE HU SIMPLEDARK CHOCOLATE

In the 70 percent cacao bar, the bitterness comes tempered with a little coconut sugar. **Per ½ bar:** 180 calories, 2g protein, 13g carbs (3g fiber, 8g added sugar), 13g fat

#50

BEST NUT PISTACHIOS (NO BRAND)

They're a good source of plant protein and heart-healthy fats. We prefer them in their shells. Because we like a challenge. **Per 1 oz, unshelled:** 165 calories, 6g protein, 8g carbs (3g fiber, 0g added sugar), 13g fat

